



Almond Puff Pastries

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



347 kcal

CRUST

Ingredients

- 1 cup almonds sliced
- 18 servings powdered sugar
- 1 eggs separated
- 2 cups cup heavy whipping cream
- 17.3 ounces puff pastry frozen thawed
- 1 cup sugar
- 1 tablespoon water

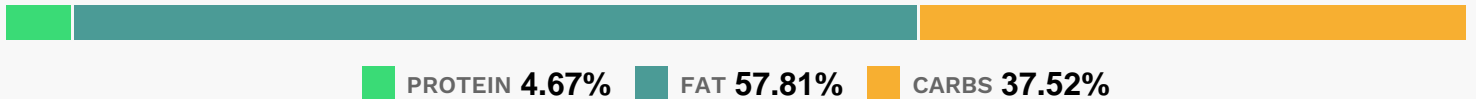
Equipment

- bowl
- baking sheet
- oven

Directions

- Unfold pastry sheets onto a lightly floured surface.
- Cut each sheet into nine 3-in. squares.
- Place 1 in. apart on greased baking sheets; set aside. In a small bowl, beat egg yolk and water; brush over pastry squares. In another bowl, beat egg white; add almonds and sugar.
- Spread over each square.
- Bake at 375° for 20–25 minutes or until well puffed and browned. Cool completely on wire racks.
- Split pastries in half horizontally. Fill with whipped cream; replace tops.
- Sprinkle with confectioners' sugar.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:14.46, Inflammation Score:-4, Nutrition Score:5.35999999909816%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 347.03kcal (17.35%), Fat: 22.75g (34.99%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 32.16g (11.7%), Sugar: 20.12g (22.35%), Cholesterol: 38.98mg (12.99%), Sodium: 78.82mg

(3.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.25mg (12.57%), Selenium: 8.46µg (12.09%), Vitamin B2: 0.2mg (11.76%), Vitamin E: 1.72mg (11.5%), Vitamin B1: 0.13mg (8.35%), Vitamin A: 402.26IU (8.05%), Vitamin B3: 1.34mg (6.7%), Folate: 25.71µg (6.43%), Phosphorus: 61.11mg (6.11%), Iron: 0.97mg (5.37%), Magnesium: 20.31mg (5.08%), Vitamin K: 5.24µg (4.99%), Copper: 0.09mg (4.49%), Fiber: 1.05g (4.19%), Calcium: 35.51mg (3.55%), Vitamin D: 0.47µg (3.15%), Zinc: 0.4mg (2.67%), Potassium: 82.96mg (2.37%), Vitamin B6: 0.03mg (1.31%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.06µg (1.07%)